

in partnership with



WORLD CHILDREN'S DAY  
NOVEMBER 20



## Title: PAUSING TO NOTICE

### Goal:

Develop emotional awareness by practicing how to pause, notice, and observe emotions without judgment—helping participants build inner calm, increase self-regulation, and create space for emotional shifts.

### Intro:

Sometimes big feelings can feel like too much. This activity helps us slow down and gently pay attention to what we're feeling. When we pause and notice without trying to change anything, emotions often shift on their own. It's like giving them space to breathe



WALDEN  
WISE

### Resources:

Your imagination.

### Instructions:

You don't have to wait for a big emotion to try this activity. Practicing when you feel calm can make it easier to use during harder times.


1. Sit or stand still. Close your eyes if it feels safe. Take a quiet moment to notice what's going on inside your body.
2. What are you feeling? Try to name the emotion. You don't need to fix it or explain it—just notice and name it.
3. What does this feeling look like in your imagination?
  - o What color is it?
  - o What shape is it?
  - o What sound does it make, if any?
4. Now imagine placing that feeling on a soft cloud in the sky. Watch the cloud float by. You don't need to do anything—just gently watch it.
5. As you watch the cloud, does anything change? Does the feeling get lighter or take a new shape?
6. If another emotion shows up, notice that one too. You can give it its own cloud.
7. When you're ready, return your attention to your body. Take a nice, slow breath in and out.

### Discussion:

What happened to your emotions as you watched them?

What did you notice in your body while you were pausing?

What do you think are the benefits of taking a pause?

 Remember: You're not trying to get rid of feelings. You're just learning to notice them—and give them room to move and change



POP-UP  
FESTIVAL